

OCTOBER 2009

Facets

FACE TO FACE

Faith pulls woman
through difficult times



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.....
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WELCOME TO Facets

Facet - 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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Faith makes life's challenges easier to survive

Cover photo by Ronnie Miller

Contributors



Candy Anderson lives in Jewell with her husband. She is the mother of two and grandmother of six. She is the food service director for South Hamilton School District. Her days are filled with family, friends and respites in Okoboji. Candy enjoys writing about life experiences and her passion for culinary arts.



Debra Atkinson, M.S., CSCS, graduated from Iowa State where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional - writing, speaking and practicing for 25 years. She runs, bikes, swims and plays golf in Ames with her son and enjoys her Old English Sheepdog.



Peggy Best is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and resides in Ames. She has one son and one stepdaughter, and two grandsons.



Clare Bills is a decorative painter and writer from Ames. She and her husband have three grown children and four grandchildren.



Amy Clark received a bachelor's degree from Iowa State University in 2003, with an emphasis in dietetics. Memberships include the American Dietetic Association and Iowa Dietetic Association. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being. She encourages people to focus on making healthy lifestyle changes one step at a time.



Kathy L. P. Cook, M.D., is a board certified dermatologist. She works at Skin Solutions Dermatology in Ames.



Susan Cross, ARNP, nurse practitioner, has worked at Skin Solutions Dermatology since May 2008. She sees patients in Ames and Ankeny. Her 12 years of experience in facial plastic surgery and more than seven years in dermatology give her expertise in both surgical and non-surgical interventions for the most optimal skin care regimens.



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Jolene Philo is a freelance writer and speaker who lives in Boone. She and her husband have two adult children. You can visit her Web site at www.jolenephil.com.



Sue Ullestad has been a kindergarten teacher for 30 years. She is an ISU graduate, and recently completed her master's degree. She lives on an acreage north of Boone with her husband. She and her husband have two grown children.

Face to face

By SUE ULLESTAD

When a person is standing face to face with life and death of a loved one, nothing else matters. Everything else seems trivial. Where do you find comfort? Where do you find solace? These do not come from within; true peace and comfort come from outside of self. Friends and other family members help, but I believe faith in God is needed to get through the most difficult times of life. His words alone can give hope even in those most grim moments as in an emergency room, hospital hallway or waiting room, nursing home or hospice house, or an accident site when you feel numb and reality is hard to grasp.

When my mom was in the hospital and diagnosed with ovarian cancer, the doctor spoke softly, frankly and to the point. The cancer had significantly progressed and a transfer to Iowa City was needed. I asked how long does she have? He said, "Go with her, be with her as much as you can." I went. I fed her soup, gave her backrubs and told her how much I loved her. I told her I was sorry for my attitude and actions during my adolescent years. I cried and I prayed. When she fell into a coma, I continued to read about Jesus and heaven to her from the Bible as our pastor suggested. Hearing is the last sense to go, thy said.

"Go with her, be with her as much as you can."

When my dad who had Alzheimer's was in the hospital with sepsis, all the test results were not in yet. He was confused and in so much pain. One or two of the family were always with him. My brother and I stayed with him the night before he died. I sat in a chair by his bed all night. I didn't care about sleep; I just watched my dad breathe. When he was restless, I held his hand and told him how much I loved him. Jesus is with you, we said. Only His name brought my dad comfort and stillness. Only His name con-





soled us then and continues to console us now.

My Aunt Ruth was like a sister, a mom, and a friend to me. She was in a nursing home with hospice services coming in to help as her health was steadily deteriorating. An upper respiratory infection set in inside her lungs to the point that eating was nearly impossible and breathing was labored. My sister and I called our pastor to come. Our anxious thoughts subsided as he began reading Scripture in a service for the dying. He put his hand on her head and spoke the words, "Go in peace." Upon seeing Pastor's briefcase, which held the vessels for communion, I asked Aunt Ruth if she wanted The Lord's Supper. She said that she did ... for her peace. My sister and I had communion with her and then out in the hall, started calling the rest of our family. We were numb, yet comforted by Christ's presence... "Where two or three are gathered together in My name, I am there in the midst of them" (Matt. 18:20).

My husband had a terrible fall this summer. An ambulance took him from Boone ER to the Iowa Methodist trauma center. The whole family was in shock and we, like other families, huddled together waiting for words of hope from the doctors. Tests followed tests. Doors opening constantly. We took turns going in to see Rod. We shared what news we knew so far. Another family would come into the waiting room crying, talking over the tragic circumstances that happened to their loved one. We watched families grieve when all hope was gone for recovery. We watched as families prayed together. We held a mini service with our pastor. Many prayers went up for Rod. They were answered in God's time and manner. He gave us the certain hope of a future, both here on earth and in eternity.

As I approached the communion rail on Sunday, I thanked Jesus for redeeming me and I remembered my loved ones who have gone before me. I have so many blessings. We all do. I will face the trials, accept the joys and will live out my days assigned to me with the assurance of love and forgiveness from Jesus.

Keeping the faith isn't always easy

By Mary Halstrum
Facets Editor

What is faith? The dictionary definition of faith is a firm belief in something for which there is no proof, something that is believed especially with strong conviction. During these trying times of job losses, shrinking retirement accounts, fighting with insurance companies over disputed claims and the like, what part does faith play in our daily lives? Does faith in something, regardless of what, pull us through tough times?

A pastor's view

Pastor David Staff, of the First Evangelical Free Church in Ames, defines faith as basic, truthful ideas about God and how we relate to Him.

"Faith is a set of ideas from the Bible that tells us to trust and believe in God and that what he says He will do, He will do," Staff said. "Scripture tells us that the world isn't quite right." There are wars, economic downturns and deaths of loved ones. Things change in life, but, according to Staff, our relationship with God can bring stability to our lives in an uncertain world.

Staff said that sometimes we expect God to be a bigger protector than he is. "He's not going to keep us from trouble, but we have to trust in His judgment. God hasn't lost control of the world and our lives," Staff said. "He sees the bigger picture. He works through us with the ultimate goal of us living a purposeful life and becoming more like Jesus."

A recovery program's view

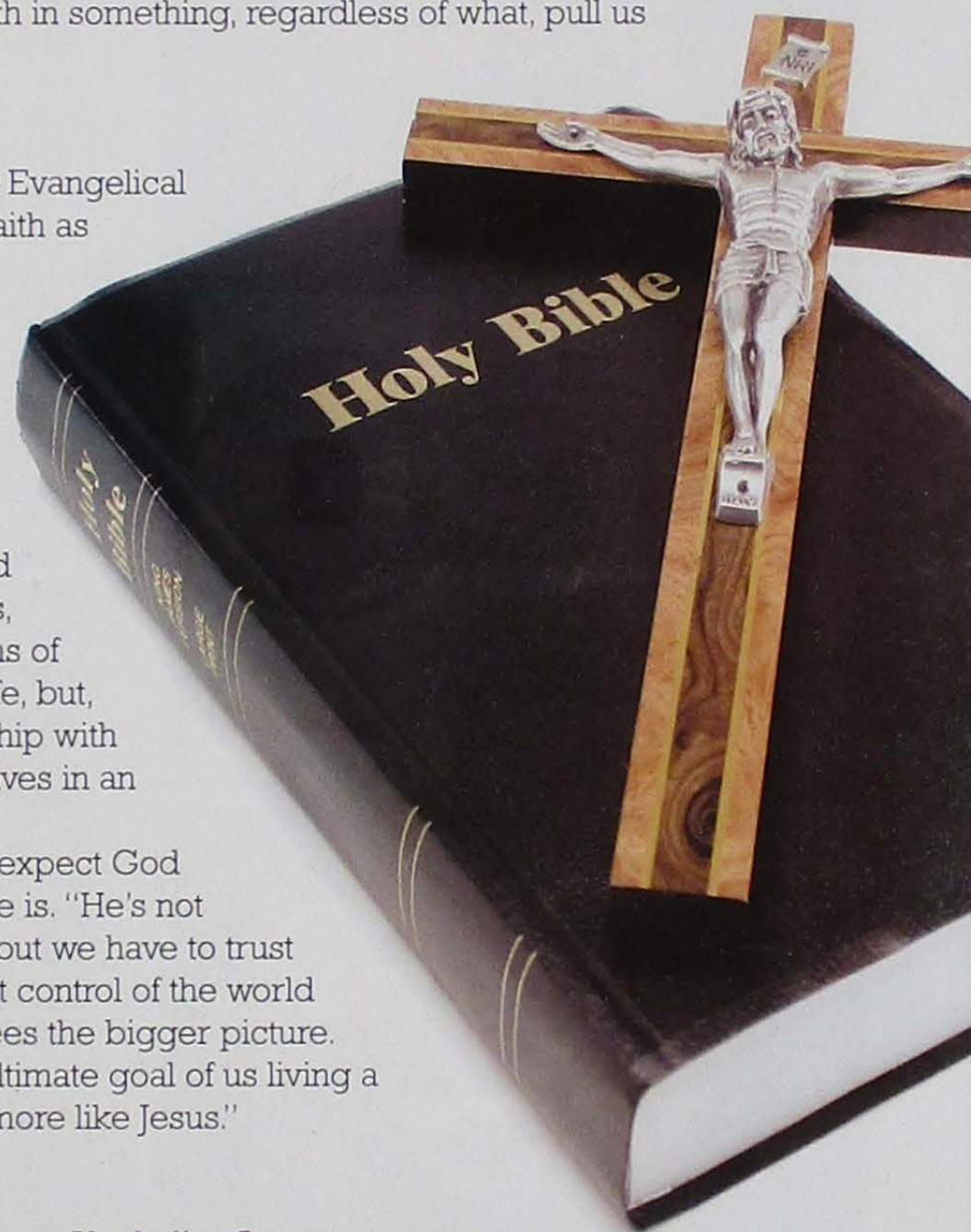
The recovery program known as Alcoholics Anonymous encourages belief in a higher power, regardless of what that higher power may be. The group also calls on the cleverest sayings to deal with life on a daily basis such as "Fake it until you make it," "This too shall pass" and "Turn it over."

The serenity prayer repeated at every AA meeting is actually quite profound.

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Who wouldn't benefit from meditating on this at least a couple of times a day?

A personal view

So if you've ever wondered why bad things happen to good people, or why is there so much pain and suffering in the world, or why didn't God intervene and save my loved one, you're not alone. The human condition is to want to be able to figure things out, to find an explanation when something happens, or to even lay blame where it's due when something tragic occurs. But it's times like these when having faith is so important because faith is easy to possess during good times, but how we get through bad times and face adversity is what really defines who we are.



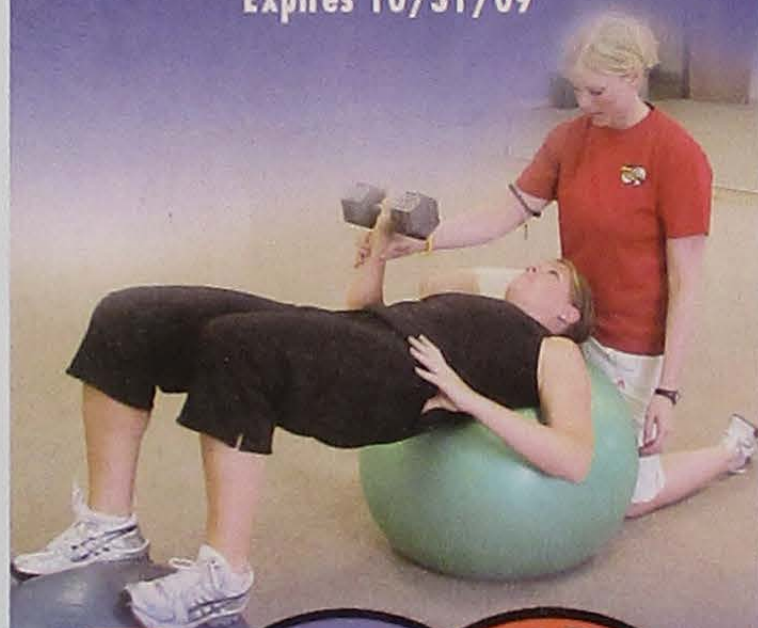
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By DEBRA ATKINSON, MS, CSCS

The source, the frequency and the intensity of anything you do or anything that happens are more important than the thing itself in determining the outcome. A rumor from a source lacking credibility, a one-time argument, a three-time a year appearance in church, or an idle threat to get rid of the dog if someone doesn't take it out, these leave a minimal footprint. A commitment to exercise on Jan. 1 or to lose weight prior to a big birthday can also be fleeting.

The longer lasting results come from stresses that are more consistently applied, repeated and worthy of making a difference. It's the thought that counts; but only if it leads to the action that makes a difference. By thinking with the right frame of mind, with purpose and intention, you can truly "change your mind to change your life."

Based on the fact that nearly 70 percent of the population doesn't exercise enough to affect their health and fitness levels, letting the spirit move you isn't working. There is no frequency or intensity and the source is far too impactful to motivate a return to the same. What about the 30 percent or slightly more who are exercising regularly? What's the secret? Find out what you should be focusing on before you simply let the spirit move you.

Ninety percent of people who stay committed to exercise programs are personal training. Seventy percent of personal training clients across the country are female. Women aren't afraid to ask for help. They value health and think about tomorrow. They choose personal training for a reason and they stick with it for better reasons. Why? Because when you see results, you will continue to participate. When you participate in programming in your club you are taking steps to insure that you will be successful. You see familiar faces. You get into a routine. You frequent the environment in a way that it becomes more of a habit. Think it's a trick? You're right. It's all designed to get you more fit, having more fun doing it, and loving new experiences that bring you new successes and a sense of accomplishment.

Why do exercise programs fail? If you're reading this, at one time or another you started, and stopped an exercise program that did not work. Nearly everyone with a heart beat has; there are very few regular exercisers who haven't first failed at something. Let's look at the source.

The source of some of your failed exercise endeavors may not have had the science, the credibility or the foundation of good body mechanics to lead to good results. Before you were such an educated consumer, savvy business folk took to creating programs that led to injury because of overuse, ineffective use of range of motion and inappropriate application of good fitness principles. High impact, hundreds of repetitions, swinging levers of momentum and small isometric movements over and over ring a bell with you? How does frequency come into play?

Too often the programs that have failed you required too much too often and led to injury. Daily use of anything in the same fashion causes problems. If you have carpal tunnel or sit at a desk all day, you know this first hand. If you're talking bigger muscle groups you're talking bigger boo boos. Injury can also be sustained from infrequent application. Weekend warriors unite! What about intensity? How do you know if the intensity is appropriate for you or not?

Intensity in exercise should hit you just right. Like locking gazes with "the one" it should be something you can sustain but definitely causes a sense of awareness that you have done something new. You are no longer in Kansas or ho hum, but approaching the land of Oz. You shouldn't get stopped in your tracks or fall to exhaustion. You should recover within two hours and feel more energy than earlier if you're intensity is a good "fit."

The "spirit" may not move you in the right intensity or frequency or even provide the right source. You're human. Beginning to move in the way that offers the right trilogy will change your spirit. It creates hope and optimism. It will be a religious part of your daily and weekly ceremony if you go down the right path to find it.

Fall colors with winter squash

By AMY CLARK, RD, LD

The produce departments of your local grocery stores right now have all the colors of fall on display with winter squash. Winter squash comes in a variety of shapes and colors and adds rich, fall color to autumn displays and to your table.

Squash is a good-for-you food that is low in calories and provides three grams of fiber for a half-cup serving. The orange-yellow flesh is a clue the squash is loaded with health benefits. It's rich in heart-healthy potassium and that deep orange-colored flesh is loaded with more vitamin A than you need for the entire day. Vitamin A is important for eye and skin health and may protect against cancer.

Choose squash that are heavy for their size, have a dull, blemish-free skin and have a hard rind. Squash can be stored in a cool, dry place for up to three months. Try a new variety or maybe a new cooking technique with your favorite squash.

Varieties of squash:

Sweet Dumpling: One of the smallest squashes – ideal for baking for individual servings. Appearance is similar to a miniature pumpkin, but is green and cream-striped. Mild, sweet taste.

Gold Nugget: A small, orange squash. Flesh is orange in color and appearance resembles a small pumpkin. Easy squash to prepare for one or two people.

Buttercup: Much sweeter than other winter squash varieties. Orange flesh is creamy and mild. Flavor similar to sweet potatoes. Appearance is flat and round with turban-shaped top and dark green color.

Butternut: Softer than acorn and other types of winter squash. Easy to cut and prepare. Appearance is long, bell shaped with tan-colored rind. Flesh is yellow-orange with mild, sweet flavor.

Acorn: One of the most popular winter squash. Shaped like an acorn with black-green skin. Gold-color flesh is sweet.



Spaghetti: Flavor is mild, slightly nutty. Combines well with other ingredients and flavors. Flesh when cooked separates into strands like spaghetti. Appearance is large and oblong shape with yellow, semi-hard rind.

Roasted butternut squash with onion and red pepper

Serves 6.

All you need

2 medium butternut squash, peeled, seeded and cut into 1 1/2-inch cubes, about 6 cups
1 red bell pepper, seeded and chopped
1 red onion, cut into 8 wedges
2 tbsp olive oil
1 tbsp balsamic vinegar

1 tsp dried herbes de Provence

1/2 tsp salt

1/2 tsp black pepper

All you do

Preheat oven to 425° F.

Place squash, red bell pepper and onion in a roasting pan sprayed with non-stick cooking spray.

In a small bowl, combine oil, vinegar, herbes de Provence, salt and pepper. Pour over squash mixture; toss to coat.

Bake for 45 minutes or until tender and lightly browned, stirring occasionally.

Nutrition facts per serving: 140 calories, 5 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 200 mg sodium, 25 g carbohydrates, 5 g fiber, 6 g sugar, 2 g protein.

Daily values: 410% vitamin A, 110% vitamin C, 10% calcium, 8% iron.

This information is not intended as medical advice. Please consult a medical professional for individual advice. To contact Amy Clark, call (515) 450-0508, or e-mail her at aclark@hy-vee.com.

Local women elected to YWCA board

Seven area women were elected to the 2009-10 YWCA Ames-Iowa State University board of directors. Volunteer board members serve three-year appointments. Four Iowa State University students also were appointed to one-year terms. The YWCA Ames-ISU serves all women in Story County. It is one of just three campus-based YWCA locations in the country. The YWCA's mission is to eliminate racism, empower women and promote peace, justice and dignity for all. New members are ISU students Andrea Mallarino, Ellie Skowronek, Jessica White and Erika Womack. Newly elected members are Ginny Blackburn, Lynne Carey, Laura Centano-Diaz, Carmen Flagge, Nicole Harding, Ruth Hill and Hilary Seo.



Front row, from left, vice president Betty Baird, Pat Miller, Laura Centeno-Diaz, Andrea Mallarino and Ginny Blackburn; back row, from left, Nicole Harding, Jessica White, Lynne Carey, president Tanya Zanish-Belcher, Hilary Seo and secretary Erika Womack.

Not pictured: Carmen Flagge, Ruth Hill and treasurer Ellie Skowronek.

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A third component

By JANE M. DEGENEFFE-ZANTOW

Every day our senses absorb the wonder of the world around us. In the quietest moments something tugs within. What is the source of the wonder we behold? Is there more than what meets the eye, and if so, where can we go to find it? Human beings around the globe dress belief in a variety of ways. The supernatural and unseen are seemingly out of our grasp, yet within us we continually chase the unknown.

Karen Kovach and Jill Paullus, of Cornerstone Church in Ames, wrestle consistently with the questions concerning spirituality and faith. Karen, 55, has worked as a pastoral assistant of this fast-growing Christian church for 10 years. As a respected teacher of the Bible, she has led many women in study. Jill Paullus, 31, has been the women's director of the college ministry, Salt Company, for seven years. They have both mentored women within Cornerstone Church. Their collective experiences fine-tune this question: Is there a difference between spirituality and faith?



Karen Kovach, left, and Jill Paullus

Karen: "Spirituality is that hunger for another world. And faith is trust in the reality of what we think that other world is."

Facets: "What would you say to those who believe they have faith? Or how would you help a woman concerning spirituality and finding peace?"

K: "Faith gets confused with spirituality. All of us want to place our trust in something. Trust is the mechanism to feed that spiritual hunger. But the straw has to be put in the real elixir of life. We are made with a spirit that wants to be satisfied. All of us want to place our faith in something. We should never be ashamed of that hunger."

F: "How can we know we are spiritual or have faith?"

K: "It's a progression. Spirituality is that hunger. Faith is how I connect to that reality, but then you almost need a third component ... what am I exercising faith in, and is it something that can truly hold the weight of my trust?"

Jill responds to questions with a youthful, assured air. Working with college students, and longing to see maturity for their lives, she has witnessed unexplainable power in the unseen God she believes in.

F: "What have you found to be helpful in mentoring the well-being of college age women?"

Jill: "Really, it usually comes down to prayer and what the Bible has to say. Finding the answers there. Teaching them how to apply what the Bible says."

F: "How do you teach them to apply what the Bible says?"

J: "We usually look up a verse that pertains to their situation and insert it into their life. If they're having a roommate issue we'll go to that passage in Ephesians where it talks about not letting the sun go down while they're angry; speaking the truth in love, forgiving ... those kinds of things."

F: "Does prayer bring comfort to them?"

J: "It's usually that they're trying to deal with things on their own. Like with their own knowledge, strength or resources. The prayer life opens it up and allows God to come in and help them. He gives them the wisdom to do it differently ... He provides the strength to do the right thing even though it's hard."

F: "How does He provide the strength?"

J: "He just does. I don't know!"

Jill laughs and tries to wrap her faith around her spirituality.

J: "I mean you just ask, and ... I don't know! He just does!"

Perhaps it is fitting then to wonder about the unseen. In anticipation of being satisfied we seek to find that third component, and as Karen said so fittingly, "something that can hold the weight" of our trust.

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Hands-on Faith

By JOLENE PHILO

Concrete reassurance

I'm the kind of person who prefers hands-on learning to abstract thinking. That makes believing in an invisible, powerful God who works actively and intimately on earth a far stretch for me. Doubts often plague me. I wonder if my faith is an exercise in futility, at best a feel-good sensation that waxes and wanes depending on my emotions and hormones.

But a few months ago, my faith received a boost through a series of very real, very concrete events. This much-needed shot in the arm occurred last January when the editor at Discovery House Publishers e-mailed the final cover design for my new book, "A Different Dream for My Child: Meditations for Parents of Critically or Chronically Ill Children."

Unexpected reassurance

At the sight of the entwined hands of a parent and child in the foreground, a chill ran down my spine. For months, a similar image had come to mind whenever I pictured the book's cover. However, I never mentioned my idea to anyone at the publishing house.

But when I saw the tiny teddy bear in the top, right corner of the cover, reassurance overwhelmed me, and I sensed the hand of a God I couldn't see. The little brown bear with a red ribbon around its neck was a dead ringer for the one our son Allen received from a neighbor when he was released after three weeks in neo-natal intensive care.

Past reassurance

When our fragile baby, still recovering from surgery, lay in his infant carrier, we would wind up the music box in the bear's back and perch the little critter in front of him. After a few days, Allen's eyes began to search for the bear when the thin strains of "The Teddy Bears' Picnic" began. My heart rejoiced to see our baby aware of the world around him, able to hear and see and seek out the music.

The day he raised his thin hand and reached for the bear, the reassuring voice of the God I couldn't see murmured, "He's going to make it through this and so will you. You're all going to be OK." Though many unexpected medical and emotional hardships lay ahead, that voice of reassurance proved true. Twenty-seven years later our son is OK, and we are, too.

Present reassurance

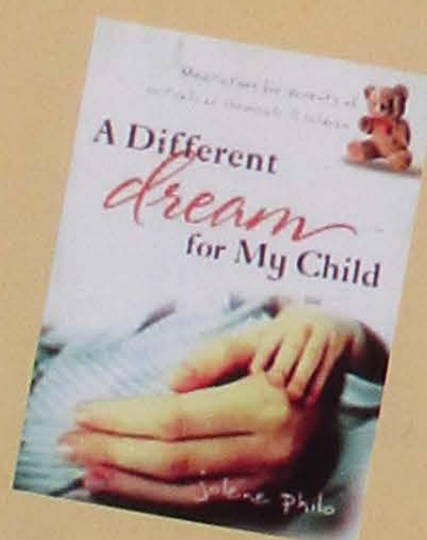
But it took a long time for Allen to heal. Only two months before the cover arrived last winter, he decided to leave the monastery where he had lived for almost six years. Determined to become whole again, he successfully completed treatment for post-traumatic stress disorder caused by the countless invasive medical procedures and surgeries he'd endured as a child.

When Allen was home with us after treatment, we found his old teddy bear in the attic. I hadn't seen it for years. My son held the bear – its ribbon long gone, its fur matted, and the music box stiff with age – and reassurance touched my soul once more. He's going to be OK.

Concrete reassurance

But even now, I have days when I wonder if God is real. Would it be better to only believe in what I can see and smell and hear and feel? Is my faith a pipe dream? When those questions begin, I look at my son's old teddy bear on its shelf in my office. Sometimes I stroke the matted fur and breathe in the baby smell it still carries. Its scruffy, worn presence is what a hands-on person like me needs. Concrete reassurance and a visible reminder of an invisible, powerful God.

"A Different Dream for My Child: Meditations for Parents of Critically or Chronically Ill Children"



is available at local bookstores and on the Web. You can interact with Jolene and find more information about childhood hospitalizations and parenting special needs children at her Web site at www.DifferentDream.com.



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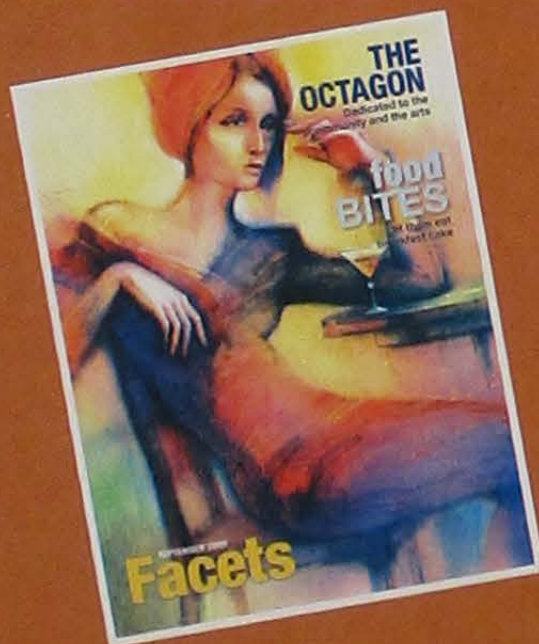
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Several treatments for eyelash growth on the market



By KATHY L.P. COOK, M.D.

Your eyes are the windows to your soul, or at least that is a common saying. No wonder so many women adorn their eyes with eye shadow, eyeliner and mascara to make the eyes more dramatic. Some women get permanent makeup with eye liner and eyebrow tattooing to always look their best. Eyelash extensions have been available for several years. However, problems with extensions include need for frequent additions and special mascara and makeup remover. Women want something more natural and easy to use to increase the volume and length of their eyelashes. Mascara works by waxes and coloring that coat the lash giving it color and length. To increase the actual length of the lash there are many products on the market that condition eyelashes to promote growth but only one prescription product that actually can state it grows lashes.

If you Google eyelash growth products a handful of products will come up on your search. Most of these claim to be conditioners for good reason. The FDA regulates claims for drugs and cosmetics. Cosmetics are defined by their intended use as "articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body ... for cleansing, beautifying or altering the appearance." Drug are defined by their intended use, as "articles intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease" and "articles (other than food) intended to affect the structure or any function of the body of man or animals." Some products meet the definitions of both cosmetics and drugs. The FDA does not recognize a category called "cosmeceuticals" as it has no meaning under the law.

The intended use may be established by product labeling, in advertising, on the Internet, or in other promotional materials. Companies must be careful that they are

not claiming benefits that have not been proven. In checking out the Web sites of several of the eyelash conditioners, many of the testimonials tout the effectiveness of the products to lengthen the eyelashes.

MD Lash Factor clearly states on its Web site the product is not intended to promote, cure, release, resolve, stop or reduce hair loss or promote the growth of hair. I could not find the active ingredient listed. The intent is to "improve eyelash appearance with longer, thicker and fuller eyelashes."

Another product called LiLash states the active ingredients are two botanicals, *Pronus Amygdalus* seed extract, which is a glycol-peptide from sweet almond that acts as a natural restructuring agent for the hair fibers, and *lupinus albus* (white lupine) seed extract used to control the hair cycle. In a review of some citations on almond seed extract it is used as an emollient in hair products, but I found no information on hair growth. White lupine articles talk about hair growth in relation to plant roots, not human hair. The cost of these products range from \$15 to \$150.

Latisse is a prescription that is FDA approved and which treats a condition called hypotrichosis (inadequate eyelashes). The active ingredient is bimatoprost 0.03 percent. This medication is used to treat glaucoma, and patients were noted to have an increase in eyelash length leading to the cosmetic use of this drug. Possible side effects in studies include a 4 percent or less incidence of eyelid irritation, skin darkening which is reversible with discontinuation, dryness or redness of eyes. Results can be seen in approximately eight weeks with maximum results at 16 weeks. The cost is approximately \$120 per bottle. My patients have been happy with improvements in the length of their eyelashes. If you are interested in this type of treatment, see your physician.

A Sister among us

By CLARE BILLS

You might not realize that the woman picking peaches next to you in the grocery store is a Catholic nun. She doesn't wear a veil or a habit and she doesn't live in a convent. There are a handful of nuns, or sisters, living in Ames working in various positions as they serve God. One of these is Sr. Lorraine Schmaltz, a member of the Sisters of the Presentation of the Blessed Virgin Mary. Her "mother house" is in Fargo, N.D., where 35 of the 48 members live.

Sr. Lorraine first heard a calling to religious life in the fifth grade. She was inspired by her teacher, Sr. Murphy, who was "just a cool nun." The seed grew and she lived at the convent as a boarder while still in high school. She took vows of poverty, celibacy and obedience after high school and then went to the College of St. Benedict, in St. Joseph, Minn., where she earned a degree in elementary education in 1965.

She taught school for 18 years until a priest suggested she might enjoy working in a parish. She couldn't get the idea out of her mind, so she went through a discernment process to see if it was God's will.

"I chose two other sisters to pray and reflect with me," she said. "We went through my gifts and the things that are life giving and energizing for me." They reflected on whether these gifts would be used in a parish position. After several meetings, they agreed she should pursue an opening in the Seattle area, which she got. While there, she completed a master's degree in pastoral ministry at the Jesuit-run Seattle University. Eventually, after another round of dis-



Sr. Lorraine first heard a calling to religious life in the fifth grade.

cernment, she accepted a job at St. Thomas Aquinas in Ames, where she has served for 11 years as the parish family life director and coordinator of the Rite of Christian Initiation of Adults.

One might think she feels isolated living alone instead of with her fellow sisters, but that's not her attitude. "I don't feel as if I'm alone," she said. "I'm in community and prayer with the members of St. Thomas and the community of Ames." She is still very much a part of her PBVM community. The sisters stay in touch by e-mail and phone. And they meet together for a week of prayer and fun every June, even those serving outside the country.

Many things have changed since Sr. Lorraine first joined PBVM in 1961. For one, she no longer has to wear the veil and long black dress which was her habit. "The habits were generally adopted as the common dress of poor women at the time the order was formed," she said. Her order was founded in 1775 in Ireland. "I've given thanks to God many times for Pope John 23rd for his role in Vatican II," she said. After this they weren't required to wear the habits.

Another major change is that her order no longer owns and operates schools and hospitals. Each sister is now required to find employment in her field.

She says the greatest challenge for nuns now is "to stay hopeful." Diminishing numbers of sisters will likely cause more changes, but they stay focused. "We have a call given by God and we don't have control of the future."

Fewer new sisters are probably a result of four things, she says: "Smaller families, misunderstandings about religious life, consumerism in our culture, and the many other opportunities to be involved in church ministry and still continue one's own life."

In spite of this, Sr. Lorraine is happy she responded to her call from God. "I'm called to be part of a community of women with the same goals," she said. "Our call is to be a loving presence in the world to help bring people to faith. We do this through prayer, service and community."

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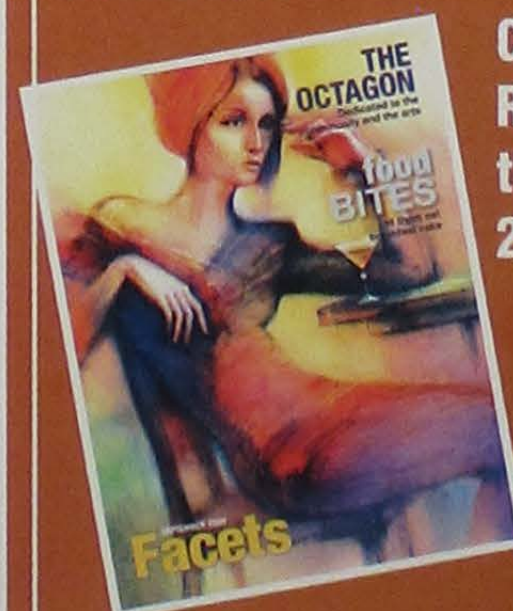
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[BOOKNOTES]

'God's Troublemakers'

A modern interpretation
of women's place in religion

By MARISA MYHRE

Last year when approaching the topic of faith I read "The Faith Club," a book involving three women of three different faiths discussing their religious viewpoints. I thoroughly enjoyed this book and learned a lot from it so I went out looking for a book on faith that could be acceptable to many religions and give a strong female viewpoint.

I found a book called "God's Troublemakers: How Women of Faith are Changing the World," by Katherine Rhodes Henderson.

The idea of God's troublemakers appealed to me because I remembered so many stories from the Bible involving women being less than helpful. I was looking for a more modern interpretation of a woman's place in religion, and in this book I found it.

One big word of warning: If you are a member of the "religious right" this book is not for you. This book is a more leftist point of view. I found this fairly unsurprising. A book about religious women in leadership positions has to be, almost by definition, in conflict with some of the more basic religious traditions.

In fact, Henderson even writes that many of the women she interviewed, while obviously very faithful religious people, often Christians, would prefer to object that they weren't Christians but very faithful people because they fear being labeled a part of the Christian right.

There is also a chapter about using the right vocabulary. It is all about expressing your faith without scaring off those less religiously motivated or those who may come from other faiths. It discusses how you can talk about your faith using religious language without making you sound religious, how to express yourself without being concerned about insulting others or being labeled by those you're speaking to, or how to speak to a religiously motivated audience.

One thing I loved about this book was

GOD'S TROUBLEMAKERS HOW WOMEN OF FAITH ARE CHANGING THE WORLD

Katharine Rhodes Henderson



the discussion on the way women lead. The author asserts that women have a different way of leading that may make it hard for people to recognize it as leadership, but it makes a major impact on the world. She talks about leading from behind or beneath the organization. She discusses the way women often don't want to be viewed as leaders or do not view themselves as such although that is obviously their place in the organization.

She also talks about what typically drives women to

be leaders. Many of the people she interviewed were driven to create a safe, accepting, homey sanctuary for those in need. For most of the women she interviewed, this is what drove them, and if they got too wrapped in leadership, activities to actively participate on a ground level with those being helped, they often burnt out.

One criticism I have about this book is that it seems to be poorly arranged. The author spends the majority of the book talking about leadership of the women she interviewed but it isn't until the end that she really tells the women's stories. I felt a deeper connection with the women I'd been reading about through the entire book at the end that I could have been experiencing throughout the book. For anyone picking this book up, I would recommend beginning with chapter 8. There you will get the stories of these women's lives and what brought them to their leadership positions. Also, it gives you the personal story of the author, who heads a group involving leaders from different countries and faiths meeting to discuss difficult topics in the hope of peace.

If you want an uplifting book about women using their faith to change the world, particularly as a tutorial designed to help you find your own way into a leadership position, this is a great book for you. If you just want an uplifting book about women starting their own organizations, then read only chapters 8 and 9 and you'll feed that part of yourself.

Times of faith

By NICOLE LENZ

It seems everyone is struggling to keep up in this economy. The Lutheran Church in Clive shares what changes have been evident in their congregation during the recession and what their church does to help those in need.

View from the front

Dave Nerdig, pastor at Faith Lutheran Church in Clive, says that despite adding onto their building, making parking difficult, attendance has been about the same as last year. "Considering that the people who [have] been coming are facing sizable obstacles to worship with us, they have been very faithful in their attendance," says Nerdig.

Throughout winter and spring, the church needed donations to complete the additional worship space. However, with many members experiencing layoffs, it has become hard to give freely. Although general offerings have been the lowest in years, members continue to stick to financial commitments they made to the building project. "Some are skipping vacations and still contributing to ministry of Christ among us," says Nerdig. "They are excited about what Christ is doing in our world and they want to be part of it. They truly amaze me."

Nerdig sees this as a time to lean on others. "I believe that our faith allows us to be honest about the circumstances in which we find ourselves," he says. "God has surrounded us with a caring community that will stand beside us and encourage us to stand beside others who need our support."

Another way the church helps people is through various support groups as well as service to the community. "We participate in the Des Moines Area Religious Council Food Bank that helps to provide food," says Nerdig of one particular support activity. "Four times a year homeless families stay in our building through our partnership with Interfaith Hospitality Network."

During hard times, faith can help people to look beyond the monetary struggles to find a deeper understanding. "We need to assure people that a change in economic position does not mean a change in worth or importance," Nerdig says. "We are brothers and sisters in Christ, children of a heavenly Father. It is being part of that family that gives us worth."

Belief

Angie Larson, director of Youth and Family Ministry at Faith Lutheran Church, also believes that faith during these hard times can help people remember what is really important. "Those who are inclined to turn to



Members of Faith Lutheran break ground on a new addition that will be dedicated on Oct. 4 and 5.



Faith Lutheran Church in Clive in 1999, prior to 2009 additions.

God I have seen pursue God more fervently during the economic downturn," she says. "I hope that those who maybe blame God will find solace within His promises and find that actually there is more to life than economic stability."

She has also seen members of her church find creative ways of giving back to the church not only through monetary means, but also within themselves. The church provides Stephen's Ministers for adults and Peer Ministers for teens, which can help members to cope.

"These ministers are trained adults and teens who are willing to serve as a confidential prayer partner and sounding board for life's difficulties," Larson says. "When serving and volunteering with a community during difficult times people can feel more empowered to work through their difficulties."

During these rough times, Larson has found that prayer and forgiveness have helped her to combat hard feelings. "It's forgiveness of employers who have let my friends and family go, it's forgiveness of my inability to change those situations, it's forgiveness for a structure that has let me down, it's forgiveness of myself," she says. "It doesn't mean that the tough times are OK or magically washed away, but that I can accept and move on with the adventure that is about to come next."

As time goes on and the future is uncertain, Larson offers advice to those in need: "I hope that during times of feeling lost, people will turn toward God, knowing that He has been searching for them all along."

A large graphic of a wine bottle with a cork popping out. The text is written on the bottle. The main title is "NEVADA UNCORKED" in large, bold, red and black letters. Below it is the date "OCTOBER 10, 2009" in blue, followed by "AN EVENT OF ART & WINE" in black. Then "NEVADA CHAMBER OF COMMERCE" in black, "S.C.O.R.E PAVILION" in black, "3:00-7:00PM" in large blue letters, "native iowa" in black, "wine&beer" in red and black, "LIVE MUSIC & FOOD" in black, "LOCAL ARTISTS" in black, "\$15 ADMISSION FEE" in large black letters, "For advanced tickets, contact the Chamber:" in black, "(515)382-6538" in large red letters, and "www.nevada-iowa.org" in black.

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Faith. Hope. Charity. And your money

By KAREN PETERSEN

How do the words faith, hope and charity relate to your personal and our collective financial lives?

If the connection escapes you, consider the following definitions:

Faith: Firm belief in something for which there is no proof; complete trust

Hope: To desire with expectation of attainment; to expect with confidence.

Charity: Benevolent good will toward or love of humanity; lenient judgment of others.

I have **faith** in our capitalistic system. Oh, I know that some of you might disagree; and I do understand why you may feel that way. It is hard to have faith when there are vocal pessimists declaring to all who will listen, "The system is broken, only the rich benefit, and we will never see prosperity again." I have a firm belief that our financial markets will rise, unemployment will decline, the housing market will stabilize, and we will all emerge as better consumers.

There is reason to **hope** (expect with confidence) that your investment returns will once again be positive. As I write, the S&P 500 is above 1,000, in March the S&P 500 was 676; my calculator indicates an increase of more than 40 percent. That statistic goes beyond hope. That is fact.

If you still are uncertain that you can realistically **hope** for long-term positive investment returns, consider the history of the U.S. stock market as illustrated by the S&P 500:

As World War II was ending, the S&P 500 was 18, today it is about 1,000, and it has been as much as 1,500. Between the end of WW II and today, there have been 13 significant declines with an average loss of 30 percent. During each recession there was a reason to think capitalism had let us down and life would never be the same; and then the markets recovered and jobs returned.

Faith and **hope** are personal; **faith** and **hope** are your thoughts and feelings about

[FOOD BITES]

life. **Charity**, as defined by good will, love and lenient judgment of others, is about how you interact in your community and the world.

No matter how grim the circumstances, if you look, you can always find a silver lining. In our current financial chaos that silver lining is people's charitable inclinations that rise above personal financial concerns.

Those with jobs volunteer time and money to help those without jobs. People with once secure jobs were downsized; their unexpected job loss gave respect and understanding for "the unemployed." Grocery shoppers who tried to limit their personal grocery spending gave generously to food collection sites.

Ideas to put **faith, hope** and **charity** to work in your life:

Faith

Believe with strong conviction in your ability to achieve your goals.

- Identify your personal financial goals, defining your short- and long-term goals.
- Design your personal financial plan and monitor it annually.

No faith, no plan is not the path to financial success.

Hope

Confidently expect that jobs will return, your income will rise, investments will grow, and you will be able to look toward the future with confidence.

Hope plays an important part in your financial success, but hope alone is not enough. This is a good time to:

- Eliminate debt.
- Increase the amount you save and invest.
 - Strive to allocate 15 percent of your income to savings and investing.
- Determine your personal risk tolerance.
 - Find your personal balance between risk and return.
- Review the allocation of your investments.

Charity

Continue to share your plenty with those who have less. Choose a way to give back that pleases you — and see how good doing good can make you feel.

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Karen L Petersen CFP® CDFA™ is a fee-based financial advisor. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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French stew: Hearty, healthy and tasty, too

By JOLENE PHILO

Iowa is gorgeous in October, the countryside and river valleys a blaze of fall colors. But October's shorter days and chilly nights remind me that winter's just around the corner, so I seek solace in comfort food. Though comfort food and healthy food don't always go hand-in-hand, they do in this recipe for French stew.

Chock full of vegetables, this stew is low-fat, swimming with vitamins and fiber, and absolutely bursting with flavor. And since it's a crock pot meal, it's easy, too. Not only that, but you can make a double batch because it freezes well. No wonder it's been one of my favorites since the early 1990s when I found it in "Once a Month Cooking" by Mimi Wilson and Mary Beth Lagerborg. Served with cornbread, it's been my daughter's favorite meal since she was in kindergarten.

So if the fall foliage isn't enough to raise your spirits as the days get shorter and the nights get colder, pull out your crock pot and make a little comfort food. You'll be glad you did!

- 1 1/2 pounds lean stew meat, chopped
- 1 cup water
- 1 10-3/4-ounce can beef consommé
- 1/3 cup red wine vinegar
- 3 large peeled and sliced carrots
- 1/4 cup minute tapioca
- 1 16-ounce can whole green beans, drained
- 1 tablespoon brown sugar
- 1 16-ounce can small peas, drained
- 1/2 cup fine dry bread crumbs
- 1 16-ounce can peeled tomatoes
- 1 bay leaf
- 1 8-1/2-ounce can whole onions, drained
- or 1 cup coarsely chopped onions
- 1 tablespoon salt
- 1/4 teaspoon pepper

Mix ingredients in the crock pot and stir. Cook for 8 to 10 hours on low. Makes 8 servings. To freeze, cool and ladle into a 14-cup freezer container. To serve, thaw and heat in large pot until bubbly. Remove bay leaf before serving.

My journey

TO GOD

By PEGGY BEST

I lived the first part of my life not giving God a second thought. It was at that time a series of events began that only God could have planned. I now claim that I didn't find God, He found me. My life had started to spin out of control, and it was at that time my retired boss invited me to join a Bible study. Who, me? I agreed only out of respect for him, already deciding after the first night I would find an excuse never to come again.

But at some point along the way, I realized that I needed a savior in my life. It wasn't long before I accepted God and His mercy and forgiveness of my sins, but it took me a few more years before I truly humbled myself to how powerful and big He is, to bend my knee and understand the sacrifices He made to send His son Jesus for me and how deeply our Father loves us.

That has been my continuing journey. When I first "got it," I was a little worried that I hadn't been through any trials yet. It's not hard to sing God's praises when things go really well in your life. I did wonder if my faith would be as strong when things weren't going so well. Fast forward life to March 2008.

My mom was the sweetest mom any girl could ever hope for. We spent lots of time together cooking, shopping and just hanging out. In March of last year she collapsed and was diagnosed with a staph infection on her heart. The prognosis was very poor even though a multitude of specialists tried to eradicate the staph with intravenous antibiotics over several weeks, while the staph continued to rip her heart apart with every beat. She survived for two months. Through it all I could see God's blessings at work. For instance, Mom struggled for years with her voice, barely talking in more than a whisper. In the early part of her struggle with the staph, she suffered a stroke which caused her voice to return.

This was the most difficult time of my life, yet I felt such a peace that God was in control. He knew the outcome and I trusted that. He kept me going one day at a time. Shortly before she died, she and I got to laughing. She was so weak her laugh was barely audible, but inside I knew she was roaring, and we laughed together until we cried. It is a memory I will forever hold close to my heart. Yes, God's blessings shone through all of it. He left me with peace and joy in my heart.

Many people don't call on God until they are in desperate need. Then, when God doesn't give them the answer they want, they turn away. I believe dark times make your faith stronger or turn you farther away from God. I believe our circumstances should not affect our faith in God. We need to trust and know He has something far bigger in store for us than what our human minds could ever wrap around. By developing a relationship with Him before I was tested, when tough times came, I was able to hold onto His promises. God's peace has the ability to destroy confusion and chaos.

Tell God the desires of your heart, tell Him what you want, tell Him what you need. If your life is just manageable, then that's all you will do with it – manage it. God lets life be unmanageable sometimes so we realize how much we need Him and we can see the miracle of God working through us. God uses me in all my self doubt to do what I could never do on my own. You'll know it when God uses you.



Something to look forward to

Q: I like to round-brush my hair, but the round brush seems to get stuck and does not seem to work the way that I want it to. It does not turn out the way it does when my stylist does it!



A: First of all, round-brushing just simply is not that easy to do, especially on your own. Even stylists have a hard time mastering the concept. The most important thing is the size of the brush. Depending on how long one's hair is determines the size of the brush. Most stylists in salons have up to five different sizes of round brushes. However, at home many people only have one round brush. To determine the size of the brush that will work best for you I would suggest a brush that only grabs three quarters length of your hair. This way the hair will not get tangled and you will be able to give your hair nice shape. Therefore if you have shorter hair in the back you may need to use a smaller round brush in the back but if you have longer layers in front you will need to use a bigger round brush. Another trick that stylists use in the salon is to start round-brushing the hair when it is wet. If you let the hair become dry before you round-brush, it will take hold of its natural movement and it will be harder to create the style that you want to achieve. Last but not least, use clips to section your hair and blow dry the hair in sections. Start blowing out in the back and then do the sides and finally the top. If these tips do not work for you, consult your stylist to see if the salon you go to offers a blow-dry boot camp. This will teach you all of the techniques to make your hair beautiful.

Q: Why are professional products so much more expensive than nonprofessional products? Products that they sell in the salon always seem to be so much more expensive than those at the local retail chains.

A: You get what you pay for. The easiest way for me (being a guy) to explain this is to compare hair product to cars. The difference between professional products and nonprofessional products is the difference between a \$13,000 car and a \$50,000 luxury sedan, or the difference between a five-star restaurant and fast food. None of these products that are produced are bad, but as I said earlier, you will get what you pay for. For instance, when you buy a tea tree shampoo from a retail chain they cost less because they may be using lower-grade ingredients. So when you go to buy shampoo or other hair care products, buying from a professional salon guarantees that you are buying a top of the line product.

Joshua Duchene is a licensed cosmetologist who works at a salon in Ames. Do you have a question about hair? E-mail Joshua Duchene at thesalon2008@yahoo.com.

OCTOBER calendar

TUESDAY, OCT. 6

Tuesday Tea at the Farmhouse Museum, noon-1 p.m., Farm House Museum, ISU central campus, free. Come to the Farm House Museum to enjoy tea and conversation. Call (515) 294-3342.

WEDNESDAY, OCT. 7

Chevelle with Halestorm, 7 p.m., doors open at 6 p.m., Val Air Ballroom, 301 Ashworth Road, West Des Moines, \$23, tickets available through all Ticketmaster locations.

THURSDAY, OCT. 8

"The Silence of the Bees," Brown Bag Lecture at Reiman Gardens, Ames, Free for CoHorts' members and ISU students, price of admission for general public. Call (515) 294-2710.

FRIDAY, OCT. 9

Miley Cyrus with special guest Metro Station, 7 p.m., Wells Fargo Arena, Des Moines, \$41.25 to 81.25, available at www.dahlstickets.com or by phone at (866) 55-DAHLS.

Concert Band, Symphonic Band and Wind Ensemble, 7:30-9:45 p.m., Ames City Auditorium, tickets for the concert will be available at the door. Admission is \$5 for adults and \$3 for students. Call (515) 294-3831.

SATURDAY, OCT. 10

AC/DC, 7:30 p.m., Wells Fargo Arena, Des Moines, \$90.50, tickets available at the Wells Fargo Arena, all Dahl's Foods, online at dahlstickets.com, or charge by phone (866) 55-DAHLS.

Spoon Jewelry with Robbie Helzer, noon-4 p.m., Workspace, Memorial Union, 2229 Lincoln Way, Ames, \$24 for ISU students, \$29 for general public. Come recycle silverware into rings, earrings, bracelets and more. Call (515) 294-0970.

SUNDAY, OCT. 11

Orquestra de São Paulo, 7:30 p.m., Stephens Auditorium, Ames, \$28.50 for season subscribers, \$33 for nonsubscribers, \$37 and \$33.60 for subscribers, \$43 and \$39 for nonsubscribers, \$25 for ages 18 and younger and \$20 for ISU students, available at Iowa State Center ticket and through Ticketmaster.

TUESDAY, OCT. 13

Floral Design Series workshop, Reiman Gardens, 7-9 p.m., cost is \$26 for CoHorts' members, \$32.50 for general public and \$19.50 for ISU students. Registration and pre-payment is required. Each month learn new floral design principles while creating your own unique floral arrangements to take home. Call (515) 294-2710.

SATURDAY, OCT. 17

"Disney Live!" noon, Wells Fargo Arena, Des Moines, \$17 to \$51, available at the Wells Fargo Arena Ticket Office, all Dahl's Foods, online at dahlstickets.com, or by calling (866) 55-DAHLS.

THURSDAY, OCT. 22

Daughtry with special guest Theory of a Deadman and Cavo, 7:30 p.m., Hilton Coliseum, tickets \$31.50 and \$41.50. A 36-date U.S. tour featuring the band's debut album, "Leave This Town." Tickets available at all Ticketmaster locations or online at Ticketmaster.com.

SUNDAY, OCT. 25

Yamato - the Drummers of Japan, 3 p.m., Stephens Auditorium, adults \$37 and \$33; children \$25, ISU students \$20. Yamato travels all over the world with Japan's traditional Wadaiko drums, whose sounds stir the hearts of people everywhere. Tickets available at Iowa State Center ticket and through Ticketmaster.

TUESDAY, OCT. 27

Pumpkin Decorating workshop, 6:30-8:30 p.m., Reiman Gardens, \$12 for CoHorts' members, \$15 for general public. Registration and pre-payment are required. Learn about unique ways to spice up this large vegetable for Halloween.

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meet a faceted woman

Name: Mary Ann Lundy

Age: 61

Position: Finance Director - United Way of Story County; Adjunct Instructor - William Penn University College for Working Adults

Family: Husband Paul; son Erik, wife Carrie, and granddaughters Josie, 12, and Megan, 7; son Karl, wife Julie, grandsons Sam, 6, Ben, 3, and granddaughter Anna, 3.

What makes you laugh? My grandchildren often make me laugh. They say just what they think and it often ends up being very funny.

What have you accomplished that has made you proud? Completing my bachelor's degree and my MBA at Iowa State University after my children went to school was an accomplishment. It also gave me an understanding of what adult learners must do that has served me well in my 30 years of teaching.

Best tip to look and feel great: Take care of yourself first. Get enough sleep, exercise, eat healthy food and make time for spiritual development. You will feel like enjoying your world and helping others.

What would you do with \$1,000 to spend on yourself? I would invest half of it in my Roth IRA. The balance I would give to the Endowment Funds at two organizations I support - Collegiate United Methodist Church and United Way of Story County.

Your favorite meal: My favorite meal is grilled salmon and fresh green beans with dill finished with a cup of good coffee and a small piece of chocolate.

Craziest fashion you ever wore: Since I grew up in South Dakota, common fashion during my teenage years was a western shirt, blue jeans and cowboy boots. I couldn't imagine wearing that today.

I never leave home without: My planner and my cell phone.

Your favorite motto: "Just living is not enough ... One must have sunshine, freedom, and a little flower." -- Hans Christian Andersen

What makes you happy? Time spent with my family, time spent helping others, and growing a perfect rose are things that make me happy.

What makes you feel confident? Being prepared makes me feel confident. This is true whether I am at work, doing liturgy at church or teaching a class.

If you could do or be anything you want, what would it be? I would take my entire family to explore "our roots" in Sweden and Switzerland.

How do you reward yourself? I reward myself in small ways -- having a cup of coffee with a friend, watching the sunset from our deck with my husband and German shepherd dog, Greta, taking time to read a book just for fun.

My idea of a nightmare job: I never have really thought about this. I enjoy my job at United Way of Story County very much and hope I never end up with a "nightmare job."

My simplest pleasure: Is spending time with my family outdoors. A favorite of ours is to go to Reiman Gardens. There's something there for everyone.

I crave: Time outdoors.

I secretly love: Going on a hayride under a harvest moon.

When I am an old lady: I hope to be able to do many of the things I do now -- spend time with friends and family, help others, and always continue to learn.

I am thankful for: My parents who were great mentors. They gave us good values, an appreciation for hard work, and a desire to become educated and to continue to learn.



Mary Ann, back row, left, hangs out with her grandchildren at a soccer game. Front row from left, Ben and Anna. Sam is in the back row with Mary Ann.



Mary Ann with her husband Paul.

Favorite wardrobe staple: A basic black dress. Given the right accessories, it can go anywhere.

What financial advice would you give other women? Always prepare a budget. Make sure that saving and investing is planned first and then other things can take up the rest of your resources. If you wait for a "good time" to save and invest, you never will.

How do you give back to your community? Serving as a Stephens minister, a lay speaker and treasurer in my church, taking part in service projects of Ames Town and County Kiwanis, being on the City of Ames Zoning Board of Adjustment and Historic Preservation Commission and being active in American Association of University Women are ways I have given back to the community.



What is your favorite kind of chocolate?

MARY ANN LUNDY

Dark chocolate covered caramels enjoyed with a cup of coffee. They are a special treat!!



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No matter what your situation is The Ames Contracting Team can help...

By her own admission, Eva Kinstle is fussy. She knows what she likes and she knows what she doesn't like. She didn't like her front porch or back deck and she had some very specific ideas about how to change them. With one call to Ames Contracting Team she was on her way to the decks of her dreams.

Kinstle's complaints about her porch and deck went beyond the aesthetic. Recently retired, she had many practical concerns about how well the spaces would serve her in the future. The two-tiered deck on the back of her home could be problematic for an older person and its large size made it a challenge to maintain. The stairs leading to her small front porch were coming apart, difficult to navigate, and didn't provide her home with a welcoming entrance. Ames Contracting Team answered all of Kinstle's concerns, providing her with a front porch and back deck that are both beautiful and functional for the present and future.

The job began with the demolition of both existing surfaces. "I was particularly impressed with the efficiency of the Geisinger team, and greatly appreciated the very thorough cleanup of all that old wood, nails, and screws," Kinstle said.

As the next phase of the project began, Kinstle relied on the expertise and patience of Oren Geisinger and the project foreman. "They were very responsive to my design preferences," she explained. "I wanted the skirting on the deck to be horizontal boards, not vertical. I had very specific ideas about the railing in front and timing was a priority. I wanted this completed before my daughter arrived for summer vacation. I am really fussy and he accommodated all my little requests." She added that when she suggested something impractical she was never

dismissed. The team explained to her clearly why her suggestion would not work and provided her options to achieve the desired effect more practically.

Throughout the project, the team continued to impress. "Cory, the project foreman, was very accessible for questions and the workmen were prompt and conscientious. I had the utmost confidence. They were very efficient and they left the site clean every day," Kinstle recalled.

A concrete porch was added to the front of the house. The steps are wider and more shallow than before and the porch is flush with the door. "It's easier for older people," Kinstle explained.

The back deck adjoining her dining room is smaller than its predecessor, making it easier to maintain and it is all on one level. It overlooks back yards filled with lush greenery and shady trees making it a relaxing retreat. "The deck can be enjoyed from inside or out," noted Kinstle, adding that the cool weather this summer has provided her more opportunities to put her deck to use than she had anticipated. Next spring, she has plans to enlist the help of ACT as she landscapes her yard to showcase the beautiful new additions to her home.

The quality of customer service and craftsmanship the Ames Contracting Team provided pleased Kinstle but their efficiency and speed were equally as impressive. They made good on their promise to have both projects completed in time for her daughter's homecoming. "They were finished two days before she came home," she said, "and she just loved it."

"Everyone loves it but my favorite compliment was from my mailman," Kinstle laughed. "He told me he really loves my new front porch."



BEFORE



AFTER

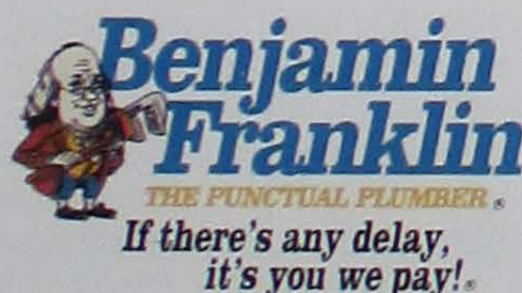


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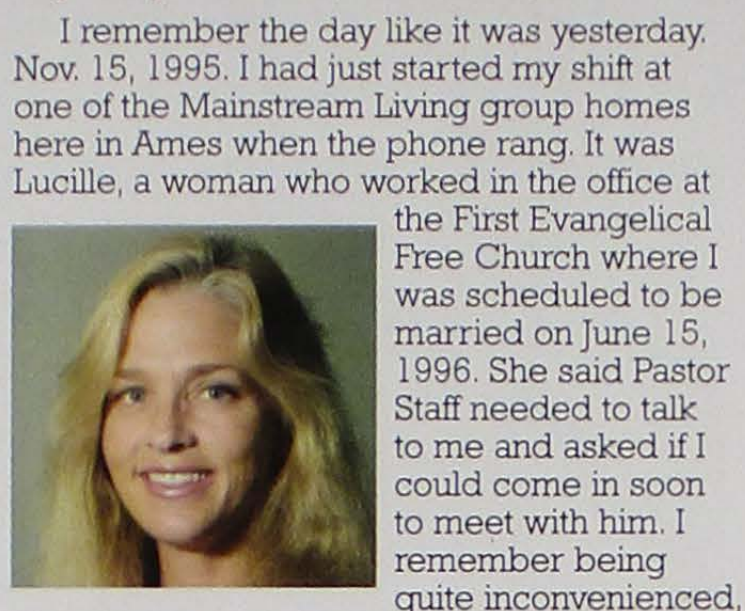


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hue & cry

By Mary Halstrum, *Facets Editor*



I remember the day like it was yesterday. Nov. 15, 1995. I had just started my shift at one of the Mainstream Living group homes here in Ames when the phone rang. It was Lucille, a woman who worked in the office at the First Evangelical Free Church where I was scheduled to be married on June 15, 1996. She said Pastor Staff needed to talk to me and asked if I could come in soon to meet with him. I remember being quite inconvenienced,

as I needed to do a lot of cleaning before my clients got home from school. But I figured it would just take a couple of minutes, so I jumped in my car and drove to the church. I walked in the church and headed straight for the office. Lucille walked me in to the pastor's office, but instead of turning to leave, she remained standing near the door. Pastor Staff asked me to have a seat and proceeded to tell me the most horrible news.

My fiancé, Darren, had been killed in a car accident that morning on his way to work in Mason City. I was stunned. I jumped out of the chair and went and curled up in the corner and cried. My life, as I knew it, was over. I would never be the same person again. That's when I completely understood one thing was certain in life, that it isn't fair.

Bad things happen to good people every day. Darren was a great person, good to his family, involved in his church, had a strong work ethic, and was pure of heart. I'd never met anyone like him. Ours was a classic love story, the love-at-first-sight type of thing. I was his waitress and he asked me out, and the rest of the story was supposed to be a fairy tale. Except that it wasn't.

At around 6:30 a.m. on that horrible day, Darren, who was a foreman with a sewer and water construction company, apparently fell asleep at the wheel. His truck went off the road on Interstate 35 near mile marker 171 and crashed into a cement embankment. I took comfort in the fact that he never suffered as death was most likely instantaneous.

That period of my life was the darkest I have ever faced. When I walked into that church on that autumn morning, I was 27 years old, engaged to be married, full of hope and joy and love, and then it was all snatched away in literally an instant. Darren was alive and then he wasn't.

One of my first thoughts was how could God have allowed this to happen? He could have saved Darren. God can perform miracles, for crying out loud. But He didn't and Darren died. What God, I wondered, would let a young woman make all of her wedding arrangements, for once really daring to dream, only to snatch them away seven short months before the big day?

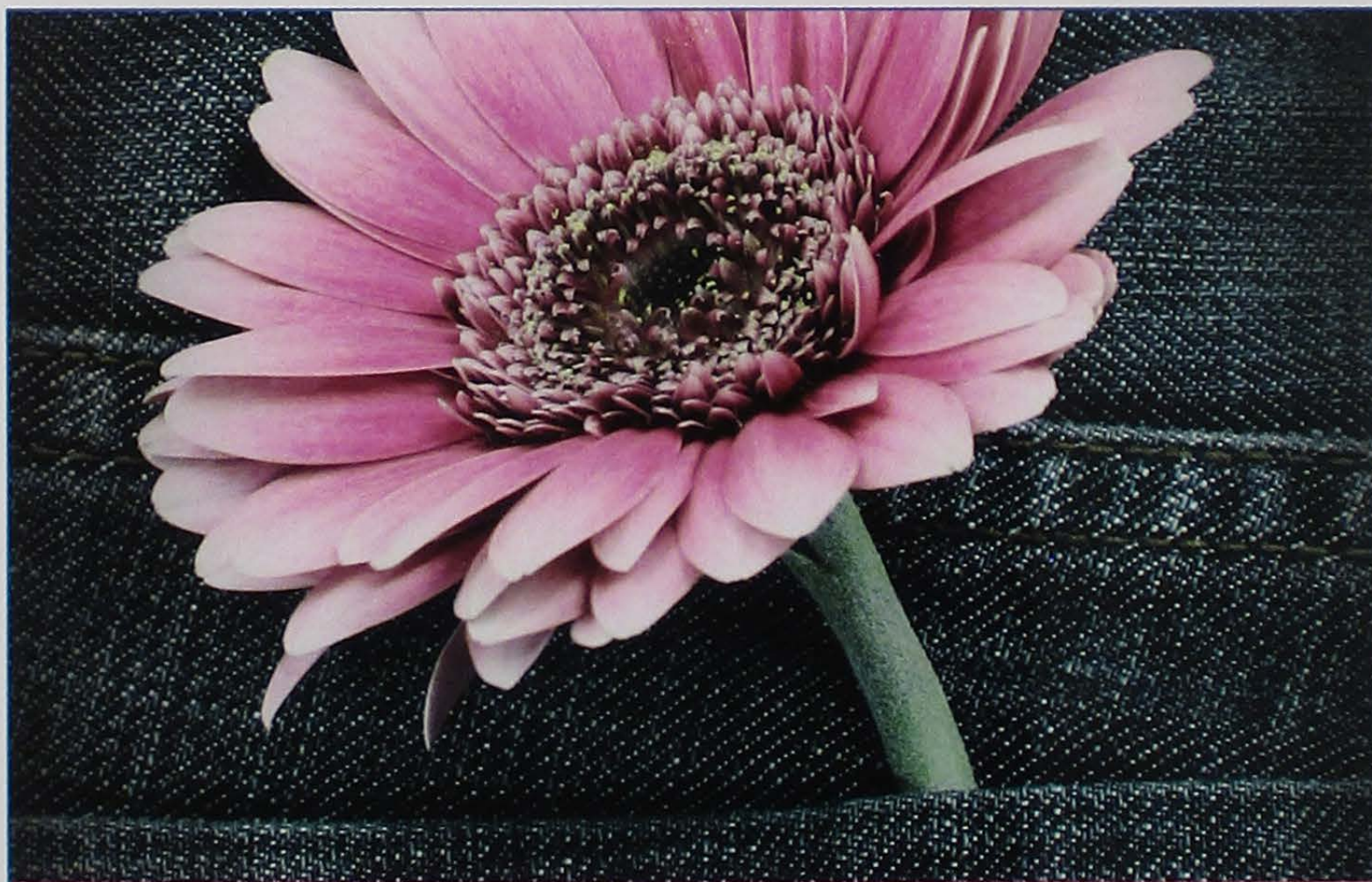
My faith in God was literally shattered. For

months after that tragic day, I questioned God, his existence and what His plan was for me. Obviously His plan for my life and my plan for my life weren't matching up at all. I struggled with depression and cried for what seemed like a month straight. I had passing thoughts of suicide, just so I could be with Darren again, but I knew that wasn't the answer.

I've always been taught that God doesn't give you more than you can handle, but I struggle daily with that concept when I see all the suffering across the world, especially that of innocent children.

Frankly, I've come to the conclusion that faith to me means not only faith in God, but faith in humanity, faith in a good and just world. And sometimes faith means — after something horrible happens — waking up in the morning and putting one foot in front of another and walking out the door.

It took me a while to "forgive" God, but eventually I did as I'm sure He knew I would. But I haven't forgotten the pain I went through all those years ago and never will. I suppose I am a stronger person than I would've been because of what I went through. I also believe my experience made me more compassionate and empathetic. I only hope that was my one cross to bear and I'm done. Then I could live my life knowing the worst thing that could happen to me already did, and I survived. Except that it doesn't work that way. There aren't any guarantees in life, and that's where faith comes in.



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Date: Wednesday, Oct. 28

Time: Registration begins at 4:45 p.m.
Program begins at 5:15 p.m.; ends at 8:30 p.m.

Location: Bessie Meyers Auditorium,
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Admission: \$10

To register: Limited seating. Reserve in advance.
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